

Sote Brüksel Lahanas?

Learn how to make perfectly sautéed Brussels sprouts with walnuts. This healthy, gluten-free side dish is ready in 20 minutes and pairs beautifully with any meal.

5 min

HAZIRLIK

15 min

PIRME

20 min

TOPLAM

4

PORSIYON

Easy

ZORLUK

Sote Brüksel Lahanas?

Malzemeler

- 1 lb brussell sprouts
- 2 tbsp olive oil
- 1 tsp black pepper
- 1 tsp salt
- 1 tbsp walnut
- 1 tbsp fresh lemon juice
- 1 cup parmesan cheese
- 1 pinch parsley

Yapılışı

- Prepare the Brussels Sprouts**

Rinse 1 pound Brussels sprouts under cold water and pat dry. Remove any yellowed outer leaves and trim the stem ends. Cut each sprout in half lengthwise through the core.
- Heat the Pan**

Heat a large skillet over medium-high heat for 2-3 minutes until hot. Add 2 tablespoons oil and swirl to coat the bottom of the pan.
- Sear the Brussels Sprouts**

Place Brussels sprouts cut-side down in the hot oil in a single layer. Cook undisturbed for 4-5 minutes until the cut sides are golden brown and caramelized.
- Season and Continue Cooking**

Season with 1 teaspoon salt and 1 teaspoon pepper. Stir the sprouts and continue cooking for 6-8 minutes, stirring occasionally, until tender when pierced with a fork and caramelized on multiple sides.
- Add Final Ingredients**

Remove pan from heat and immediately add 1 tablespoon lemon juice and 1 cup chopped walnuts. Toss everything together until well combined.
- Transfer to a serving platter and finish with a pinch of additional salt if needed. Serve immediately while hot.**

?puçlar?

Choose smaller Brussels sprouts when possible, as they tend to be more tender and less bitter than larger ones.

Don't overcrowd the pan when sautéing - this prevents proper caramelization and can make the sprouts soggy instead of crispy.

Let the Brussels sprouts sit undisturbed for the first 5-8 minutes to develop that beautiful golden-brown color before stirring.

Toast the walnuts separately to prevent them from burning while the Brussels sprouts finish cooking.

If using frozen Brussels sprouts, pat them completely dry with paper towels before adding to the hot oil.

A pinch of red pepper flakes can add a nice heat element that complements the nutty flavors.

For extra richness, finish with a small pat of butter just before serving.

Save any leftovers - they're delicious cold in salads or reheated gently the next day.